

d) sealing said pouch containing said liquid to produce a sealed liquid containing pouch; and

e) sterilizing said pouch at a temperature of at least 118° C.

9. The method of claim 8 wherein said ethylene polymer is a copolymer of ethylene and a C<sub>3</sub> – C<sub>8</sub> alpha olefin comonomer.

10. The method of claim 9 wherein said comonomer is selected from the group consisting of propylene, 1-butene, 1-hexene, 1-octene, and 4-methyl-1-pentene.

11. The method of claim 10 wherein said comonomer is 1-hexene.

12. The method of claim 8 wherein said metallocene catalyzed ethylene polymer is catalyzed by a metallocene having a bridged bis indenyl or bridged bis tetrahydroindenyl ligand structure which is substituted or unsubstituted.

13. The method of claim 12 wherein said metallocene is a bridged bis tetrahydroindenyl ligand structure.

14. The method of claim 12 wherein said metallocene is a bridged bis indenyl or bridged bis tetrahydroindenyl ligand zirconium dichloride.

15. The method of claim 14 wherein said metallocene is a bridged bis tetrahydro indenyl zirconium dichloride.

16. The method of claim 15 wherein said metallocene is ethylene bis (4,5,6,7-tetrahydro-1-indenyl) zirconium dichloride.

17. The method of claim 8 wherein said metallocene catalyzed polyethylene has a melt index MI2 as measured according to ASTM D 1238 at 190° C. under a load of 2.16 kilograms within the range of 0.3 – 2.5 g/10 minutes.

18. The method of claim 15 wherein said ethylene polymer has a melt index MI2 within the range of 0.5 – 1.5 g/10 minutes.

19. The method of claim 15 wherein said ethylene polymer has a melt index MI2 within the range of 0.7 – 1.05 g/10 minutes.

20. The method of claim 1 wherein said pouch is sterilized at a sterilization temperature of 119° C.

21. The method of claim 20 wherein the said pouch is sterilized for 15 minutes.

22. A sterilizable container comprising:
- a) a liquid fill pouch produced by the process of:
    - i) extruding a metallocene catalyzed ethylene polymer having a density within the range of  $0.928 - 0.942 \text{ g/cm}^3$  into a parison;
    - ii) blow molding said parison into a pouch;
    - iii) introducing a liquid into said pouch;
    - iv) sealing said pouch containing said liquid to produce a sealed liquid containing pouch; and
  - b) said pouch characterized by retaining its integrity at a sterilization temperature of  $118^\circ \text{C}$ .
23. The container of claim 22 wherein the wall of said pouch has a transmittance of at least 95% as measured in accordance with ASTM D 1003.
24. The container of claim 23 wherein the wall of said pouch has a haze of less than 35% when measured according to standard ISO 14782.
25. The container of claim 24 wherein the wall of said pouch has a haze of less than 32%.
26. The container of claim 22 wherein said metallocene catalyzed ethylene polymer is a copolymer of ethylene and a  $\text{C}_3 - \text{C}_8$  alpha olefin comonomer.